

THE IMPORTANCE OF RESILIENCE HEALTH AND WELLBEING AS A UNIVERSITY STUDENT

Dwayne laird 1919710

bmpl4012



To be resilient means to be able to go through a tragic situation and be able to make a comeback this is what a lot of students must go through in everyday life of studying

(Beale) 2023 'resilience and importance in character after covid 19'

Academic resilience also known as (AR) is when a student can produce and perform a high level of work underneath a great level of stress. There are 5 to (AR) what are as follows

"1 self efficacy

2 coordination

3 a sense of control

4 composure

5 perseverance"

Here are some other examples of (AR) academic resilience



For students that are struggling with their wellbeing and mental health there are support groups within the campus and mental health teams u can access

Here are a few methods u can use to better your mental health and well being

Cuddle a soft pet or toy for 5 mins

Take a walk for 10 mins to clear your mind

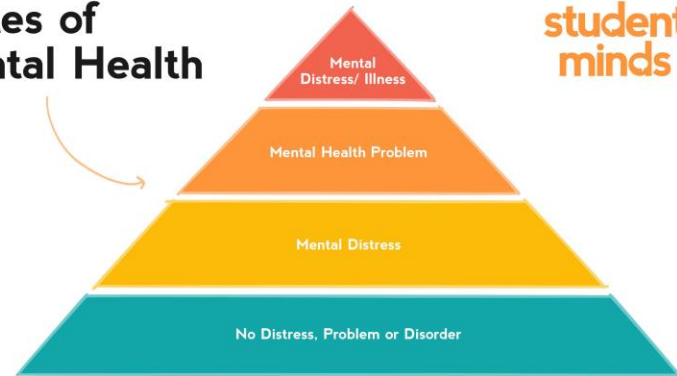
Exercise for 30 mins or take a nap

Watch some tv to clear your mind for an hour

(Studentminds)

HERE ARE SOME STATES OF MENTAL HEALTH

States of
Mental Health



REFERENCE GUIDE

- Slide 2: (Beale) 2023 'resilience and importance in character after covid 19'
- Slide 3: Ed blog apr 25 2018
- Slide 4: <https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>
- Slide 5: <https://twitter.com/StudentMindsOrg/status/1004391450090582017>

